



Introduction to Long-Term Athlete Development (MS1)



Cost £10

This workshop provides all the essential information on the LTAD model and its practical applications. As well as general theory, it describes how to identify talented athletes and maximises your performers ability, achievements and commitment to sport through integration of the LTAD approach.

By the end of this workshop, coaches will be able to:

- Understand the reasons for adopting LTAD
- Understand the concepts and key principles of LTAD
- Recognise and respond to the implications for coaches and coaching
- Identify appropriate action to integrate LTAD into their coaching

Venue	Date	Time	Contact Person
South Lakes (Kirkbie Kendal School)	Thurs 15th Apr 2010	6.30pm - 9.30pm	Jackie Hayhow T: 01228 226885
Allerdale (Allerdale House)	Mon 27th Sept 2010	6.30pm - 9.30pm	Jackie Hayhow T: 01228 226885
Barrow (Furness College)	Wed 1st Dec 2010	5.30pm - 8.30pm	Stuart Meredith T: 01229 844766



Upskilling the Sports Workforce in Cumbria

